

Team Alameda Standard/ Oakland Hills Counter Clockwise			
(use this direction for steeper climbs, and faster downhill)			
	32.0	miles	2400 feet of climbing
Tot Miles	Direction	Segment	Road/ Segment
0.0	R	0	Kaiser Bldg, Central & Park
0.0	R	1	Park Street, over Bridge to Oakland
1.0	L	0.2	Rotary around 7-11 counterclockwise
1.2	S	0.2	Kennedy St
1.4	L	0.8	Embarcadero
2.2	R	0.8	Overpass becomes E 16th Avenue
3.0	L	0.05	E 21st Street
3.1	R	0.8	E 14th Avenue
3.9	S	0.4	Beaumont Avenue
4.3	R	1.7	Park Boulevard
6.0	R	0.9	Monterey Blvd
6.9	L	0.1	Joaquin Miller (over Highway 13)
7.0	R	0.7	bike path leads to Burdeck (tricky to find)
7.7	S	0.8	Butters (moderate climb)
8.5	L	0.3	Crestmont
8.8	R	0.5	Skyline
9.3	L	2.4	Redwood (nice easy downhill)
11.7	L	5.3	Pinehurst (keep left at Canyon)
17.0	R	2.7	Skyline
19.7	S	1.6	Old Tunnel Road (straight at Grizz Peak)
21.3	L	0.2	Caldecott Lane
21.5	R	0.1	Over Highway 24
21.6	R	0.6	Broadway
22.2	L	0.5	Lake Temescal Bike Path, left at end
22.7	X	0	Highway 13 (under)
22.7	S	0.3	Broadway Terrace
23.0	S	0.2	Duncan Way
23.2	R	0.1	Florence Terrace
23.3	S	1.2	Mountain (goes through Montclair)
24.5	R	3	Park Boulevard
27.5	S	0.1	becomes 4th Avenue
27.6	L	0.1	Foothill
27.7	R	0.7	5th Avenue
28.4	L	2	Embarcedero
30.4	R	0.2	Kennedy St
30.6	R	0.2	Along edge of 7-11 Rotary
30.8	R	0.2	Over Park Street Bridge/ Park Street
31.0	S	1	Park Street to finish